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(Quinton Balistreri)

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Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Sadness. At some point or other nearly everyone suffers its symptoms. Fatigue, difficulty sleeping and concentrating, appetite changes, listlessness, restlessness, hopelessness, even thoughts of death. Mental illness has reached epidemic proportions, affecting some 60 million Americans in any given year. Chief among disorders of the mind, depression is a major cause of lost years of healthy life worldwide. Two-thirds of people suffering from depression do not seek necessary treatment. And those who do are often consigned to the psychiatric ward or clinician s couch, loaded with psychotropic medication whose side effects are worse than the symptoms they treat, and branded for life with a condition for which the medical establishment says there is no cure. But this is untrue. Sorrow is a symptom of a spiritual crisis afflicting humanity as a whole. It is not a sign that something is wrong with you, but that something could be profoundly right! Overcoming depression - not with drugs or talk therapy, but by turning the attention inwards, from the unreal to the real - is an essential step in the fulfillment of your destiny and the purpose of Earthly existence. It is by going beyond the source of sorrow, the mind, that you realize your true nature, which is bliss. Even as a mirror with dirt begrimed Shines brightly once it is well cleaned, So too the embodied soul, once it has seen Self as it really is, Becomes one, its goal achieved, from sorrow free.



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